*Note: In order to narrow down the list, please start with the resources with a “\*” next to it.*

Classroom PA Breaks:

1. [Fuel up to Play 60](https://www.fueluptoplay60.com/playbooks/current-seasons-playbook/in-class-physical-activity-breaks)\*
2. [Heart.org School Breaks](http://www.heart.org/idc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_455767.pdf)\*
3. [Power Play! Energizers](https://ucsdcommunityhealth.org/wp-content/uploads/2016/08/Power-up-for-learning.pdf)\*
4. [Shape America Teacher’s Tool box](http://portal.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/Teachers_Toolbox.aspx)\*
5. [Take a Break Teacher Toolbox](http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf)\*
6. [CDC Physical Activity at the Worksite](https://www.cdc.gov/physicalactivity/worksite-pa/index.htm)\*
7. [Arthritis Foundation](http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/videos/)
8. [Eat Smart, Move More North Carolina](https://www.eatsmartmovemorenc.com/Energizers/EnergizersForSchools.html)
9. [Iowa Dept. of Education PA Breaks](https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/stories-motion-physical)
10. [*JAMmin Minute* Brain Breaks from Harvest of the Month Workbook](https://www.youtube.com/results?search_query=jammin+minute)
11. [Kids Health Classroom Exercise Breaks](http://kidshealth.org/en/parents/elementary-exercises.html)
12. [Michael & Susan Dell Center for Healthy Living Activity Break Guide](https://sph.uth.edu/research/centers/dell/resources/MSD-Center-Activity-Break-Guide_Final.pdf)
13. [Move to Learn](http://www.movetolearnms.org/for-the-classroom/fitness-videos/lets-get-to-work/)
14. [Move More North Carolina: A guide to Making PA a Part of Meetings Conferences and Events](http://www.eatsmartmovemorenc.com/PAbreak/Texts/ESMM_PAmeetings_print.pdf)
15. [National Association for Sport and Physical Education](https://www.pgpedia.com/n/national-association-sport-and-physical-education)
16. [NCHPAD Brain Boosters Video](http://www.nchpad.org/1548/6538/Brain~Boosters) and [NCHPAD Tips for Inclusion](http://www.nchpad.org/1548/6532/Brain~Boosters)
17. [Action For Healthy Kids Activities](https://www.actionforhealthykids.org/game-on-activity-library/)
18. [Physical Activity (PE) Central physical activity games database](http://www.pecentral.org/)
19. [Playworks Game Library](http://www.playworks.org/playbook/games)
20. [SPARK (Sports, Play and Active Recreation for Kids (SPARK) Interactive Group Challenges](http://www.sparkpe.org/)

Active Recess:

1. [Action for Healthy Kids – Active Outdoor Recess](https://www.actionforhealthykids.org/activity/active-outdoor-recess/)
2. [Playworks Game Library](https://www.playworks.org/game-library/)
3. [Active Living Research – Increasing Physical Activity Through Recess](https://activelivingresearch.org/sites/activelivingresearch.org/files/ALR_Brief_Recess.pdf)
4. [Playground Stencils and Active Recess](https://peacefulplaygrounds.com/resources-2/)
5. [Recess Before Lunch Tip Sheet](https://www.actionforhealthykids.org/wp-content/uploads/2019/05/Recess-for-Learning-Tip-Sheet_English.pdf)
6. [Shape America Recess Planning Template](http://portal.shapeamerica.org/uploads/pdfs/recess/CustomizableRecessPlanningTemplate.docx)